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OFFICIAL NEWSPAPER

ESSEX COUNTY • EAST ORANGE • ORANGE BOARD OF EDUCATION

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MAJOR AIRLINE FILES FOR BANKRUPTCY

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THREE HOUSES DESTROYED IN BRUTAL NEWARK FIRE

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Photo By Thomas Ellis II



EAST VS. WEST FOR THE CROWN

Photo By Felicia Laguerre Owens



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LONG DROUGHT LEADS TO WATER RESTRICTIONS



By Walter Elliott

SOUTH ORANGE - Village elders here have more than joined its water supplier New Jersey American Water and the N.J. Department of Environmental Protection in issuing water restrictions Nov. 14.

Village Mayor Sheena Collum, by issuing mandatory water restrictions that Thursday, became the first "Local Talk" area municipal executive to take that step in the light of a current 16-week rainfall drought.

Water reservoirs are averaging 46 percent below their normal levels of a normal autumn. One North Jersey reservoir was so low that a stone bridge resurfaced after a century underwater.

Although 1.8 inches of rain fell on the area - for the first time in a record 29 days - Nov.

9-10, it was a literal drop in the bucket compared from area reservoirs being some six inches behind in rainfall since July.

What is shaping up to be the warmest global summer in history, breaking last year's record, is exacerbating the ongoing wildfires as near as Pompton Plains and Greenwood Lake N.Y.N.J. The 537 statewide fire outbreaks have given residents a Southern Californian experience of hazy and smoky mornings.

In South Orange:

- Outdoor lawn watering is down to two or three 30-minute sessions a week. Afternoon watering will evaporate faster, reducing absorption efficiency. Sprinklers should be set for nighttime and with a state-

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Turn To **PAGE 9**



Editorial
Dhiren Shah
 Editor-In-Chief

Hello Readers,

The world is going crazy. Some believe in global warming, and some don't. However, the global warming we are experiencing is impacting the world. If we compare it to every year, over the past 50 years, the temperature has gone up.

The Capital City of India is New Delhi. When we were growing up, we did not hear about fog and bad weather. It's been happening in the past 10 to 15 years. Today's pollution level AQI (Air Quality Index) is the worst in the world. Some part of the city (Nerulla, a suburb of New Delhi) has a AQI of 387, and as we heard it went up to over 500 AQI. AQI under 50 is a good, 50 to 100 is Moderate, 100 to 150 is Unhealthy for Sensitive groups, 150 to 200 is Un-

healthy, 200 to 300 Very Unhealthy, and 300 to 500 is Hazardous. Delhi and its surroundings suburbs and cities are facing a Hazardous atmosphere right now.

Atishi Marlena Singh, Chief Minister of New Delhi announced on November 17th the closing of schools, halted all construction, and barred entry for any trucks, except essential services. Usually, the education department announces school closings. However, this time it was the chief minister (equivalent to governor) due to the emergency and expectations of New Delhi residents.

Decades ago, the water of the river Ganga (ganges) was polluted. The government decided to clean up the water of Ganga. In the Hindu religion, taking a bath in river Ganga is considered sacred. A dip in its sacred waters is believed to cleanse the soul and wash away sins. It is a way to connect with the divine and seek blessings. The river is believed to have healing powers and the ability to remove negativity.

Under Prime Minister Naren-

dra Modi, India is trying to improve, but India is a growing industrialized nation, and corruption is a huge problem. So, the factories and businesses do not follow the rules and laws to protect the environment. It is serious, and every year it's getting worse. Hopefully, people will follow the rules to protect the environment and future generations.

President Joseph Biden has given permission to Ukraine to fire long range missiles supplied by the U.S. in Russia. That shows that Biden apparently wants the war to continue. Biden's intention is to give Trump a hard time in trying to bring peace between Russia and Ukraine, as well as Israel and Palestine. In my opinion, Biden wants to create an environment for Trump to take a long time to solve the world's problems. Putin has said that nuclear weapons could come into play if Ukraine were to use foreign supplied arms in Russia. We should think about United States and its citizens, rather than the world.

For the third time in a few

months, Newark suffered another fire. It is hurtful for anyone to be forced out of their residence and lose all their belongings Newark and the State of New Jersey must do something to prevent the fires. Abandoned properties and low quality building construction in the past may be the culprit. I hope the Mayor and his administration can do something about it.

Joe Scarborough and Mika Brzezinski of "Morning Joe" on MSNBC shocked everyone when they announced that they were changing the way they cover Trump after meeting with him at Mar-a-Lago. It is nice to see them wanting to reset things so that there can be peace, but at the same time they should apologize for comparing him to Hitler. You can't have it both ways.

Next week, we will distribute our newspaper on Wednesday, due to the Thanksgiving weekend. We will finalize the Christmas and New Year's holidays schedule soon and will let you know.

*Have a wonderful week.
 I'll talk to you next week.*

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WEATHER FOR THE WEEK

<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
Rain	Showers	Partly Cloudy	Partly Cloudy	Partly Cloudy	AM Rain	Mostly Cloudy
HI 51 LO 38	HI 44 LO 39	HI 52 LO 42	HI 53 LO 39	HI 55 LO 46	HI 56 LO 42	HI 52 LO 40

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The Doctor Is In



OP-ED BY DR. ADIL MANZOOR

Diet and Lifestyle Changes: Their Overlooked Effect on Chronic Diseases

Let me ask you a question, and I need you to try and answer it as best as you can: What do you consider healthy living? I need you to be specific, so think of three factors you know of that are associated with a healthy life. I'm far from a mind reader, but your answers are likely to revolve

around your diet and your lifestyle.

More precisely, you may say things in the tune of eating healthier (like cutting away junk food and eating more veggies), not smoking, not drinking (at least no binge drinking), sleeping well, and of course, staying fit and active. For decades, public health campaigns have centered around these factors for living a healthy life. Yes, there will be more, I know, but healthcare providers seem to have devoted the bulk of their time trying to emphasize these factors. Yet, they haven't spent nearly enough time on them.

Really, for all you have heard about eating well and living a healthy lifestyle, there is still a lot you don't know. The health implications of not eating well and having an unhealthy lifestyle far supersede what you may imagine. For instance, when we say poor diet (consisting of junk and ultra-processed foods), the health consequence that readily springs to mind is obesity and maybe cardiovascular problems.

However, did you know poor

diet can increase your risk of cancer and liver disease? Did you know not working out does more than just keep you out of shape and can increase your risk of cancer, depression, and stroke? I could go on and on, especially talking about the several dangerous effects of smoking and drinking.

In case it was not clear before, studies have confirmed the strong relationship between poor diet and unhealthy lifestyles and chronic diseases. Chronic diseases are conditions that last at least a year and require ongoing medical attention. Typically, people with chronic diseases have a significant portion of their lives interrupted. Unlike regular flu colds or bacterial infections, chronic diseases are notoriously difficult to treat. In some cases, they aren't even curable, and the person has to manage these conditions for the rest of their life.

The CDC says 6 in 10 Americans have a chronic disease right now, and 4 in 10 have multiple chronic diseases. Examples include cancer, diabetes, heart disease, COPD, arthritis, and stroke. The economic impact of these chronic diseases is a whopping \$4.5 trillion, and many patients with these diseases spend a significant portion of their income on managing them. These figures are why it becomes more important to examine the relationship between chronic diseases and diet or lifestyle changes. As dangerous as chronic diseases are, they are often very preventable with the right diet choices and lifestyle habits. It's really that simple most times. This leads me to the question: what are the right dietary and lifestyle changes to make?

For starters, avoid smoking and tobacco use. Please. Smoking is associated with several health problems, ranging from cancers to airway inflammation to cardiovascular problems. It also doesn't matter how long you have been smoking; there will always be a benefit to quitting as early as possible. I understand that addiction can make quitting difficult, and if you fall into that category, you should talk to your healthcare provider immediately

to get you the help you need.

You should also limit your alcohol intake. Look, I am not saying to cut off alcohol completely, but drink very responsibly if you must. Consider limiting yourself to one standard drink a day if you are a woman and two standard drinks if you are a man. But think about it, can you really limit yourself to just one or two drinks a day? I recommend not drink at all. If you have preexisting heart and liver problems, you may need to cut off drinking completely. Speak to your healthcare provider for more information.

Another lifestyle change to make is maintaining a healthy weight. Experts generally define health weight as a BMI (Body Mass Index) below 25 and above 18.5. You can calculate your BMI yourself by getting your weight in kilograms and dividing it by the square of your height in meters. Some online calculators can easily help you out with this. Remember, it is not only about losing weight; how you lose weight also matters. The natural ways to lose weight are increasing your physical activity and adopting a healthier diet that contains more greens and less fatty foods. However, some people consider the medication route, using Ozempic and similar medications. While these medications work, remember that you need to get permission from your healthcare provider before using them and that medications cannot and should not replace the role of a healthy diet and physical activity in losing weight.

Then, to diet. Cut off foods high in saturated and trans fat, and replace them with foods rich in unsaturated fatty acids. So, cut off fatty chunks of meat, processed meats (like sausages), fried foods, and margarine, and replace them with fatty fish (like salmon and sardines), nuts and seeds, and vegetable oils. Also, consider fruits and vegetables, as well as whole grains (barley, millet, quinoa, brown rice) and high-fiber foods (apples, almonds, pears, legumes, nuts) in your diet. Limit sugar and sugar-containing beverages and overly

(Continued on page 15)

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SPORTS WRAP

Photos By Felicia Laguerre Owens



By William Hathaway, Jr.

This past week, a sectional championship was on the line in the New Jersey High School Football Playoffs. It would be decided in a battle of East vs. West - Orange.

It was a Friday night defensive classic that went down to the wire, with the East Orange Campus Jaguars winning on the road over the West Orange Mountaineers 13-7. The Jags got the scoring started when Saeed Cole threw a 12 yard touchdown pass to Alex Hanks for a 6-0 lead.

In the 3rd quarter, Mountaineers running back Farad Green scored on a 6 yard TD run to give the home team the lead 7-6. But in the 4th quarter, Cole hit on a 92 yard TD pass to Hanks to take the Section 1 Group 5 title in dramatic fashion.

With the win, East Orange captured its first sectional title since the 2021 football season. Saeed Cole was the star with the 2 TDs plus 80 yards rushing. For West Orange, Farad Green had 28 carries for 141 yards while Terrell Wilfong had 47 yards on four catches. East Or-

(Continued on page 12)



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UNITED STATES



MAJOR AIRLINE FILES FOR BANKRUPTCY

DANIA BEACH, Fla., Nov. 18, 2024 /PRNewswire/ - Spirit Airlines, Inc. ("Spirit" or the "Company") (NYSE: SAVE) announced that it has entered into a restructuring support agreement (the "RSA") supported by a supermajority of Spirit's loyalty and convertible bondholders on the terms of a comprehensive balance sheet restructuring. The restructuring is expected to reduce Spirit's debt, provide increased financial flexibility, position Spirit for long-term success and accelerate investments providing Guests with enhanced travel experiences and greater value.

In connection with the RSA, Spirit has received backstopped commitments for a \$350 million equity investment from existing bondholders and will complete a deleveraging transaction to equitize \$795 million of funded debt. To implement the RSA, the Company has commenced a pre-arranged chapter 11 process in the United States Bankruptcy Court for the Southern District of New York (the "Court"). Existing bondholders are also providing \$300 million in debtor-in-possession ("DIP") financing, which, together with Spirit's available cash reserves and cash provided by operations, is expected to further support the Company through the chapter 11 process.

Spirit expects to continue operating its business in the normal course throughout this pre-arranged, streamlined chapter 11

process. Guests can continue to book and fly without interruption and can use all tickets, credits and loyalty points as normal. The chapter 11 process itself will not impact Team Member wages or benefits, which are continuing to be paid and honored for those employed by Spirit. Vendors, aircraft lessors and holders of secured aircraft indebtedness will continue to be paid in the ordinary course and will not be impaired.

"I am pleased we have reached an agreement with a supermajority of both our loyalty and convertible bondholders on a comprehensive recapitalization of the Company, which is a strong vote of confidence in Spirit and our long-term plan," said Ted Christie, Spirit's President and Chief Executive Officer. "This set of transactions will materially strengthen our balance sheet and position Spirit for the future while we continue executing on our strategic initiatives to transform our Guest experience, providing new enhanced travel options, greater value and increased flexibility. I'm extremely proud of the Spirit team's hard work and dedication, which is key to our sustained progress in advancing our business and delivering for our Guests."

As part of the chapter 11 process, Spirit is filing a proposed Plan of Reorganization (the "Plan") that incorporates the agreed terms of the RSA and is subject to confirmation by the Court. The Company has received support from a supermajority of its loyalty and convertible bondholders and expects to emerge from a streamlined chapter 11 process in the first quarter of 2025.

In conjunction with the petition, Spirit has filed a series of first-day motions, which, once approved by the Court, will further facilitate the Company operating its business in the ordinary course during the streamlined chapter 11 process.

As a result of the chapter 11 filing, Spirit expects to be delisted from the New York Stock Exchange in the near term. The Company expects that its common stock will continue to trade in the over-the-counter marketplace through the chapter 11 process. The shares are expected to

be cancelled and have no value as part of Spirit's restructuring.

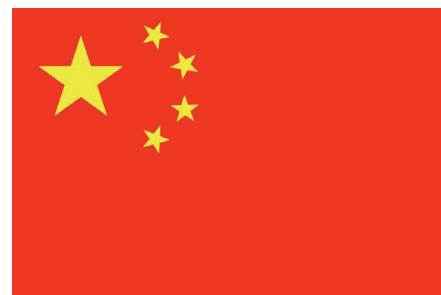
MASS SHOOTING UPDATE

Information recent as of 11-19-2024 at 12 p.m.

2024 Mass Shooting Stats: (Source: Mass Shooting Tracker, <https://www.massshootingtracker.site/data/?year=2024>)

- Total Mass Shootings: 531
- Total Dead: 633
- Total Wounded: 2214
- Shootings Per Day: 1.64
- Days Reached in Year 2024 as of November 19: 324

ASIA



BASIC FREEDOMS IN DANGER

The Human Rights Office (OHCHR) has expressed grave concern over the sentencing of 45 opposition activists in Hong Kong to up to 10 years in prison under China's National Security Law, highlighting the potential erosion of fundamental freedoms in the region.

Spokesperson for the UN human rights office Jeremy Laurence condemned the use of the National Security Law to criminalize activities which are protected under international human rights law, including freedom of expression, peaceful assembly, and association.

Most of the defendants who were sentenced on Nov. 19 were opposition politicians, academics and lawmakers charged in 2021 with conspiracy to commit subversion for taking part in an unofficial primary to select opposition candidates in July 2020.

Enacted in July 2020, the National Security Law introduced severe penalties for offences described as subversion, secession, terrorism, and collusion with foreign forces.

Volker Türk, the High Commissioner for Human Rights, has expressed concern over the broad and vague provisions

which could be "arbitrarily applied to curb freedom of expression and target dissenting voices."

Since its implementation, over 100 individuals have been arrested, including prominent pro-democracy figures like media entrepreneur Jimmy Lai, who faces life imprisonment if convicted under the law.

In January, Special Rapporteur on Torture Alice Edwards expressed concerns about reports of torture being used to extract evidence against defendants.

Mr. Türk has also criticized recent expansion of the National Security Law, including a March 2024 ordinance adding new categories of offences, such as treason and sabotage.

These expansions, Mr. Türk noted, increase the law's potential for "misuse" and further suppression of opposition.

Beyond the large numbers of accused directly impacted by criminal proceedings, these laws have had major chilling effects on others in the Special Administrative Region of Hong Kong.

The High Commissioner has called for an urgent review of the convictions and for Hong Kong authorities to ensure compliance with international obligations under the International Covenant on Civil and Political Rights (ICCPR).

"Any national security legislation must remain clear in scope and definition, and only permit restrictions to human rights that are strictly necessary for a legitimate purpose, and proportionate," the OHCHR emphasized.

HAITI



THOUSANDS FLEE GANG VIOLENCE

Over 20,000 people have fled their homes across Haiti's capital Port-au-Prince in just four days amid escalating gang violence, with more than 17,000 seeking shelter in 15 displacement sites as critical supply chains collapse.

(Continued on page 12)

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THREE HOUSES DESTROYED IN BRUTAL NEWARK FIRE

Photos By
Thomas Ellis II



By Thomas Ellis II

Just before 12 am on November 15th, there was a devastating fire that destroyed three houses in the South Ward of Newark at 13, 11, and 9 Seymour Ave.

It's alleged that the fire was started by squatters living the middle house.

I spoke with several of the family members and residents who were directly affected by the fire. They lost everything.

One of them told me that he was inside 13 Seymour, when he had to run out his second floor apartment because the house was on fire. He told me he watched the fire all night, and that he slept in a chair across the street from the fire, and he was hoping to get his passport out of the house.

Mark Fraser, who lives directly in front of 11 Seymour, said, "I was sleeping when someone in my house was yelling, 'Fire, Fire, Fire!' I'm just glad to know that everyone in all three houses got out safely."

The fire started in the middle house (#11) and quickly spread to the other houses. It's

being reported that the fire took nine hours to put out, with four firefighters getting injured.

Early Saturday morning around 10:30 am, Newark Fire Department Ladder #6 was spraying water on the houses to fully extinguish the fires and put out any hot spots.

Mr. Nfaly Kaba, his wife and children, four girls ages 21, 19, 18, 17, lived in 9 Seymour. Mr. Kaba said, "I was at work around something to 12 when I received a call from one of my daughters telling me the house was on fire. They all had to run out the house.

"I left the job and rushed home as quickly as I could. I'm glad all my girls got out of the house. We lost everything."

Mr. Kaba is from Guinea, his wife is from Liberia, and after speaking with several of the residents who lost their places to live, I've learned that all of them were from some part of Africa. This includes Togo, Nigeria, and Ghana.

One of the residents in house #13 told me he had just come home from work, and was getting ready to take a shower when the

house caught on fire. He and the other residents had to run out of the house with whatever they had on. Another resident told me it was really scary.

All the people whose homes went up ablaze because of sheer negligence said the same thing, "Thank God we are alive, and no one was injured or lost their life. We've lost everything, but we still have our lives.

Now, this is the third devastating fire that I've covered in a few months, with one having two fatalities.

It's very hard to see all your possessions going up in smoke, and it's even harder if lives are lost, but there is one thing that must be addressed as a way to prevent these types of fires. The squatters must be removed, and abandoned houses and apartments need to be sealed. This will possibly save lives, not to mention homes, apartments, and neighborhoods.

Over the past few months, over 100 people in Newark and Irvington have been displaced because of fires.

WATER RESTRICTIONS

(Continued from page 1)

required water shutoff timer.

- Use a broom instead of a hose to sweep the sidewalk. Use rain barrels under a downspout to catch precipitation and mulch to conserve water.
- Water should not be left running while brushing teeth or washing dishes. Dishwashers and washing machines should only be used with a full load. Install narrower faucets and shower heads.

Some of South Orange's restrictions are repeated in a DEP-supplied chart. That chart also urges people to reduce 65 percent of water use, including taking five-minute showers, raising power mower blade heights to three inches and using a commercial car wash.

Gov. Phil Murphy (D-Rumson), that same Thursday, put Northeast New Jersey under a Drought Emergency and the rest of the state under a Drought Warning. The Garden State is also under a Red Flag Warning to deter anyone having an open flame for any

reason.

New Jersey American Water, which serves South Orange, Irvington and parts of Maplewood and West Orange, imposed a Nov. 13 statewide mandatory conservation notice. NJAW covers much of the same steps as the DEP and South Orange but adds:

- Turn off and drain outdoor irrigation systems and do not use them until Spring.
- Find and fix any water leaks. Insulate exposed water lines.
- Use or consider using water and energy efficient appliances.



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DISCLAIMER: The following items are primarily drawn from first responders. Responders' accounts may not be their full activity range. Grand juries hand down indictments when evidence presented them warrant a trial. Named suspects/defendants are innocent until proven guilty beyond a reasonable doubt in a court of law.

NEWARK - A city company is among the New Jersey Department of Labor and Workforce Development's latest additions to its "WALL of Shame" with Treasury Department support, Oct. 29.

Tiger Builders, LLC was among the nine businesses cited for outstanding noncompliance to the state's employee hours, wages, benefits or related compensation law that month.

The Ironbound-based company was placed on the DOL's Workplace Accountability in Labor List for owing the state and its own employees \$259,597.50 despite receiving a final judgement and/or order on May 21, 2021.

Tiger was accused of violating the Unemployment Compensation Law, the Temporary Disability Benefits Law and the Compensation for Family Temporary Disability Leave Law.

The state labor department posted its first WALL deadbeats with 36 businesses on Labor Day 2023. The WALL roster has grown by seven to 217 businesses statewide as of Nov. 4. The list now includes 19 businesses from Newark, Irvington, East Orange, Orange, Montclair, Bloomfield, Belleville and Nutley.

None of the 217 will leave the list until they have paid their worker recompensation and state penalties in full. Business additions and removal are done by the joint DOL-Treasury's Office of Strategic Enforcement Com-

pliance.

IRVINGTON - The land being used for the Sankofa Enclave at Twenty-First Street mixed housing and community center project was first earmarked for a new Irvington Public School.

"Local Talk" was reminded of that fact when a WNYC radio local broadcast Nov. 19 said that the land between North 21st and 19th streets and 5 Standard Place in the East Ward was first cleared for a school. The lot was bought in the late 1990s or early 2000s by the then-New Jersey School Construction Corp.

The land will now have 15 two-family homes, a five-story affordable housing building holding 240 units and a 300,000-square foot community and education center being built in a \$100 public-private partnership. Its groundbreaking was held here on Oct. 17.

The SCC bought land adjacent to existing schools who were deemed wanting in physical and educational need. To this day, one can find state-owned vacant lots by Newark's Hawthorne Avenue, West Side High School and the High School for Global Studies, among other schools.

To SCC and successor N.J. School Development Authority have built all new school buildings and/or renovating and expanding others here and in Newark, Orange, East Orange, South Orange-Maplewood, Bloomfield and Belleville since the 1990s. Two developments in the 2000s, however, made some developers drool over those lots.

The first setback was when the SCC found itself \$6 billion in debt. Gov. Jon Corzine replaced it with the SDA, with greater fiscal control, in 2007.

The second was Gov. Christ Christie's "go slow" order on the SDA school planning in 2009. The "by the book" drawing reviews slowed the pace of building or rebuilding needy schools. It would then take Newark Public Schools 100 years to replace all of its then-70 school buildings.

Whether the projected now-Sankofa lot would replace the nearby Berkeley Terrace School remains an unanswered question.

EAST ORANGE - The city

and the family of James Amos are holding a celebration of the late actor's life here at the Cicely Tyson Community School of Performing and Fine Arts 4 p.m. Nov. 23.

What may well be the public's only celebration of "America's Father" is set that afternoon at the school's Jean L. James Theater at 35 Winans St. The A.J. Calloway-hosted program is to include "select speakers, musical performances and a special video tribute."

Part of the Tyson school complex stands on the site of East Orange High School, which Amos had graduated from in 1958. "Amo" was a Panthers football running back, the student newspaper's cartoonist and was a member of the junior class play's production of "The Man Who Came to Dinner."

Amos, 84, became more widely known as portraying father or father-like figures on television series from 1974, including "The Mary Tyler Moore Show," "Good Times," "Roots," "The West Wing" television series and the "Coming to America" movie. His family and agent announced his Aug. 21 death in an Inglewood, Calif. hospital on Oct. 1.

While the service is free, the public is urged to secure limited theater seating via: A Celebration of Life and Legacy, Honoring John Amos Tickets Sat. Nov. 23, 2024 at 4 p.m./Eventbrite.

ORANGE - "Local Talk" has learned that the arc of Dana LePine's life, which took early form here in the Orange Valley, has ended in a Camden hospital Oct. 9.

LePine, 65, was born in East Orange March 24, 1960 to tile setter father Albert and mother Leah. The LePines, however, lived at 259 Reynolds Terr. and later 297 Lincoln Ave. near Orange High School. The LePines were parishioners at St. Venantius Church.

Dana's friends, in their Oct. 26th tributes, recalled him being a regular at Romeo's Pizzeria at Lincoln and Central avenues - and Central Field across the street, where he played baseball for the Orange Rotary Club little league team. He also played pickup ball on the then-Cong. Oheb Shalom parking lot.

Dana graduated from St. Ve-

nantius School for Seton Hall Prep, then still in South Orange, in 1974. While he graduated from "The Prep" in 1978, it is not clear as of press time whether he made the Pirates baseball team. He did carry a passion for baseball and the New York Yankees in his adult life.

LePine, after some studies at Ramapo College, joined ShopRite Village Supermarkets for the next 44 years. It is not clear whether he had worked in the Doddtown Orange, Brick Church East Orange or West Orange's ShopRite of Essex Green, friends remember his being on the Absecon store's customer intercom system.

"Big D" moved to Smithtown and Galloway in Southern New Jersey until his fight against esophageal cancer began last year. Parents Albert and Lea, wife Cindi and son Alexander are among his survivors.

LePine's memorial service was held Oct. 26 at Galloway's Wimberg Funeral Home. Memorial donations may be made to your favorite Charity.

WEST ORANGE - The late John "Jack" Sayers' devotional legacy to the township had lasted to where he was named Grand Marshall of the 2015 West Orange St. Patrick's Day Parade even though he was a nearby Roseland resident by then.

Sayers, 78, who died in Roseland Nov. 8, has been hailed as one of West Orange's police directors and business administrators into the 2010s. He was known to volunteer for several township charities, often cooking for fundraisers.

Born in Newark Feb. 17, 1956 to sheriff's officer James, Sr. and Viola, John K. Sayers was raised at 18 Kingsley St. in the St. Mark's Square section. The WOHS Class of 1974 graduate went on to attain a bachelor's degree from now-Kean University in 1978 and his juris doctorate from the Seton Hall Law School.

Then "Big Jack" switched from "Law" to "Order," becoming an Essex County Sheriff's officer in 1990. The 275 Valley Rd. resident became the first rank and file officer to become undersheriff in 1995 until retiring in 2001.

Sayers was police director
(Continued on page 11)

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Watch the Essex County College *Community Education Forum* TV Series, hosted by Alfred Bundy on and

TOWN WATCH

(Cont. from pg. 10)

when nephew William Sayers, Eldridge Hawkins, Jr., Brad Squires and four others were hired as officers in 2004. The younger Hawkins named both Sayers, Squires and the township police chief in a 2010-14 discrimination lawsuit, claiming that the younger Sayers and Squires received preferential promotions due to their Irish heritage over Hawkins and the four other officers.

Wife Rosemary, sons Jeff and Mike, daughter Jaclyn, three grandchildren, brothers Bill and Bob and sister Pattie also survive him. Brother James and parents Jim and Viola predeceased him.

A Funeral Mass at Roseland's Our Lady of Blessed Sacrament Church, where he was a longtime parishioner, followed by burial at East Hanover's Gate of Heaven Cemetery, were respectively held on Nov. 14-15. Memorial donations may go to

the Elanor and Lou Gehrig ALS Center at Columbia University's Neurology Department and/or St Jude Children's Research Hospital.

SOUTH ORANGE - Village police officers, with help from their Orange colleagues and a Millburn Municipal Court judge, said they scored nearly five pounds of narcotics and prescription legacy drugs and the arrest of two residents here Nov. 13.

Academy Street neighbors may have noticed SOPD officers and ECPO detectives arriving at an address where Idris Carter, 24, and Zakee Moxey, 23, at 6 a.m. that Wednesday. They were more than exercising a search warrant signed by a Millburn judge; Millburn police drones hovered overhead and Orange police's K-9 units were on the property.

Village and county authorities said that their search yielded 4.55 lbs. of marijuana in what SOPD Chief Ernesto Morillo

said was its "largest drug bust" in its history. They also hauled off 956ml of Promethazine syrup, "cannabis edibles," mushrooms, packaging materials, grow equipment and \$982 in cash - mostly in \$20 bills.

Although Morillo left Carter and Moxey's identification to the county, he said that they executed the search warrant after several weeks' surveillance of their address. Detectives said that they saw several "hand-to-hand" transactions.

The chief said that the stake-out came from a tip from a neighbor and that he called Essex County, Orange and Millburn for assistance.

Both Carter and Moxey are charged with possession of a controlled dangerous substance, possession thereof with intent to distribute, possession with intent to distribute of a prescription legacy drug, possession of a schedule 1 narcotic drug (or psilocybin mushrooms), CDS possession within 1,000 feet of a school (Columbia High School),

paraphernalia possession and related conspiracy counts.

MAPLEWOOD - A 30-year-old YouTube influencer and township native went on that very social medium on Nov. 12 to apologize to some 20 million subscribers for speeding on a local road - big time.

Marques Brownless - on his MKBHD (Marques K. Brownlee High Def) channel to show a five-second clip of him getting a Lamborghini up to 96 mph on a local road.

Although the Lambo's main speedometer was blurred, a second one showed the speed. (The car's year and model were not disclosed.) A corner of the view outside the window showed a 35 mph speed limit sign and a second stating to slow down for children.

The five-second clip had been cut from a nine-minute video spotlighting new video equipment. Brownlee's stock in trade is as a reviewer of high tech

(Continued on page 14)

WORLD NEWS (Cont. from pg. 6)

Haiti has faced instability since the 2021 assassination of President Jovenel Moïse. The current wave of displacement, the largest since August 2023, comes as armed gangs who have joined forces strengthen their grip on the capital, leaving the national Police overwhelmed and underequipped.

The capital faces near-total paralysis, IOM warned, following the incident last week when commercial aircraft were reportedly fired on, hitting a United States-based Spirit Airlines jet as it was landing at the national airport, injuring a flight attendant.

The US Federal Aviation Administration has banned flights to Haiti for at least the next 30 days. International flights remain grounded, compounding the beleaguered nation's sense of isolation.

With the main seaport access restricted and roads controlled by gangs, essential supplies cannot reach the vulnerable population, said the agency.

"The isolation of Port-au-Prince is amplifying an already dire humanitarian situation," warned Grégoire Goodstein, IOM's Chief in Haiti. "With only 20 percent of Port-au-Prince accessible, humanitarian workers face immense challenges in reaching affected populations," he added.

Criminal groups in the capital continue their expansion, taking control of additional neighborhoods and further isolating communities.

The national police force, grappling with a severe lack of resources, remains overstretched and faces significant challenges

in containing the escalating violence.

The toll of gang-related violence has reached catastrophic levels, with the UN human rights office (UNHCR) reporting nearly 4,000 gang related deaths in 2024 alone.

Gender based violence, including sexual violence used as a weapon of terror, has reached alarming levels. Women and children bear a disproportionate burden of the crisis, with 94 percent of displaced women and girls at heightened risk of violence.

Despite severe access constraints, IOM continues to provide life-saving assistance through mobile medical clinics, rental subsidies for displaced persons, protection of services, psychological support, water delivery to displacement sites and supports at border crossings.

The Organization maintains operations throughout the country, including migrant protection centers and community stabilization projects.

IOM emphasized the importance of upholding humanitarian principles amid the escalating crisis and called on all parties to respect the neutrality and impartiality of aid operations, allowing unimpeded access to those in need and safeguarding the integrity of humanitarian assistance.



The UK's Chief Veterinary Officers are urging all bird keepers to follow scrupulous biosecurity measures following the confirmation of Highly Pathogenic Avian Influenza (HPAI) H5N1 and HPAI H5N5 in poultry in England.

To prevent further spread of the disease all poultry on the infected premises will be humanely culled and a 3km protection zone and 10km surveillance zone has been put in place surrounding the affected premises.

Within these disease control zones restrictions on the movement of poultry and other captive birds, carcasses, eggs, used poultry litter and manure apply. Bird keepers in the disease control zones will have the opportunity to apply for movement licenses for some specific low risk movements from the zones. Within the 3km protection zone bird keepers must also house their birds to protect them.

Disease control zones are only lifted once all disease control and surveillance activities in the zones have been successfully completed and there are no suspect cases under investigation in the zones.

The new cases of HPAI in kept birds follows the recent increase in risk levels for both wild birds and poultry, and detection of both HPAI H5N1 and HPAI H5N5 in wild birds in Great Britain and across continental Europe.

All bird keepers are urged to remain vigilant and take action to protect their birds. Practicing good biosecurity at all times protects the health and welfare of kept birds and for commercial keepers will help protect businesses from HPAI and other dis-

eases. Bird keepers can find out what they can do to prevent bird flu and stop it spreading and how to spot and report suspicion of avian influenza in poultry or other captive birds together with updates on the latest situation in Defra's guidance at gov.uk/birdflu.

The UK Health Security Agency (UKHSA) has said that avian influenza is primarily a disease of birds and the risk to the general public's health is very low but people should not touch any dead or sick wild birds they find.

The Food Standards Agency advises that properly cooked poultry and poultry products, including eggs, remain safe to eat.

UK Deputy Chief Veterinary Officer, Jorge Martin-Almagro, said: "Avian influenza ('bird flu') has been confirmed in poultry at premises in England. Immediate steps have been taken to limit the risk of the disease spreading and all remaining poultry at the farm will be humanely culled.

"The UK Health Security Agency (UKHSA) currently advises that the risk to the general public's health from bird flu is very low, and the Food Standards Agency (FSA) has said that bird flu does not pose a food safety risk for UK consumers.

"Winter is a greater risk period for avian influenza and these cases demonstrate that, now is the time if you are a bird keeper to ensure you have very robust biosecurity. Bird keepers must remain alert for any signs of disease and report suspected disease immediately."

SPORTS WRAP

(Continued from page 5)

ange will play Union City in the state semifinals round.

In other local playoff action, the Malcolm X. Shabazz Bulldogs defeated Bernards 28-14 to take the North Jersey Section 1 Group 2 crown. Shabazz is on a five game winning streak, and will head to the state semifinal round at Hanover Park on Friday night. Also, Cedar Grove took Section 2 Group 1 crown over New Providence 35-14.

In college basketball, the Seton Hall men's basketball team shut down Wagner 54-28. Leading SHU was Chaunce Jenkins with 16 points and 3 rebounds. Yacine Tou-

mi added 12 points and 7 rebounds for the 2-2 Pirates.

As for the women's team, they handled Fordham 67-44. Graduate students Yaya Lops and Faith Masonius each scored 17 points, with the latter being named Big East Player of The Week. The Lady Pirates won another big game in comeback fashion against Bryant 55-39 at Walsh Gym. Masonius had 22 points in that victory.

Finally, two eras in NY football have come to an end. First, the Giants announced that they are benching QB Daniel Jones in favor of NJ native Tommy DeVito. Then, after a 28-27 loss to the Colts at home, the Jets fired GM Joe Douglas.



Governor Murphy Signs Legislation Ensuring Pregnant Patients Receive Personalized Postpartum Care Plan

TRENTON - Governor Phil Murphy signed S912/A3887 into law on Nov. 18, requiring health care professionals to ensure all patients have the opportunity to develop a comprehensive, personalized postpartum care plan consistent with their unique and anticipated needs.

The bipartisan legislation requires health care professionals to offer pregnant patients a postpartum planning session as early as the first trimester of pregnancy. It also requires health care facilities providing maternity care services to ensure that postpartum care information is provided to all patients receiving maternity care services prior to being discharged at the end of a pregnancy, including for patients who have experienced a stillbirth or pregnancy loss.

The New Jersey Maternal Mortality Review Committee has found that most pregnancy-related deaths occur in the postpartum period. This law will help address preventable factors like care continuity and patient knowledge about risk indicators. This builds on existing efforts through Nurture NJ to enhance postpartum care, such as continuous NJ FamilyCare coverage for 365 days postpartum and the continued expansion of Family Connects NJ, New Jersey's universal nurse home visitation program.

"New Jersey has made significant progress over the last seven years in our work to reduce maternal and infant mortality, and our efforts have shown how increased care continuity and access to information can improve outcomes for families across our state," said Governor Murphy. "Today's action will ensure our health professionals are empowering pregnant patients and new families with information and resources to stay healthy, identify postpartum risks, and reach care after the end of a pregnancy."

"There is no playbook one mysteriously inherits after delivering a baby and certainly not one that eases the physical challenges moms need to overcome while taking care of a newborn. As a society, we must uplift our families and ensure they have the care and support they need," said First Lady Tammy Murphy. "Through Nurture NJ, we are continuing to build a network of services to ensure that every family has all the resources to do just that: live and thrive. Today's bill signing not only targets the health of our moms postpartum but also prioritizes the best health for every family across New Jersey."

Under this law, a new parent's postpartum plan must at least include:

- The name, phone number, and office address of the patient's care team

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- If applicable, the time, date, and location for the patient's postpartum visits and a phone number to call to schedule or reschedule appointments
- Guidance regarding breastfeeding to allow the patient to make an informed feeding decision
- A reproductive life plan and appropriate contraception
- Notes about any of the patient's pregnancy complications and recommended follow-ups or test results
- Guidance regarding signs and symptoms of postpartum depression or anxiety; management, including recommendations on how to manage anxiety, depression, or other psychiatric issues identified during pregnancy or in the postpartum period
- Recommendations for the management of postpartum issues, such as without limitation pelvic floor exercise for stress, urinary incontinence, or water-based lubricant for dyspareunia
- A treatment plan for ongoing physical and mental health conditions which identifies the care team member responsible for follow-up.

This new law furthers the mission of Nurture NJ, a statewide program launched by First Lady Tammy Murphy to make New Jersey the safest, most equitable state in the nation to deliver and raise a baby. Since the inception of Nurture NJ in 2019, over 65 pieces of maternal and infant health legislation have been signed into law by Governor Murphy.

The initiative has also developed and implemented groundbreaking programs and policies, such as Medicaid reimbursement for community doula care; New Jersey's

universal home visitation program; Family Connects NJ, which ensures every new mother has access to a free visit at home within two weeks of delivery; and the establishment of the Maternal and Infant Health Innovation Authority, the first and only governmental authority in the nation focused on maternal health innovation.

The primary sponsors of S912/A3887 are Senator Kristin Corrado, Senate Majority Leader M. Teresa Ruiz, Assemblywoman Lisa Swain, and Assemblywoman Verlina Reynolds-Jackson.

"The physical and emotional demands of childbirth and caring for a newborn can be significant and at times, overwhelming. Unfortunately, postpartum symptoms can be difficult to identify and lead to complications, or worse, if left untreated," said Senator Kristin Corrado. "By requiring health care professionals to provide information about personalized postpartum care plans, we are empowering mothers to prioritize their health and well-being during and after pregnancy. This new law will directly help reduce preventable pregnancy-related mortality and enhance women's healthcare overall."

"Ensuring women are explicitly prepared for the postpartum period is crucial to improving maternal health outcomes," said Senate Majority Leader M. Teresa Ruiz. "Pregnancy and the strain it puts on women's bodies does not end after giving birth. There are significant and confusing changes that can occur, and mothers should not experience this journey alone. They deserve to know the resources available to them, so that we can help prevent complications that are often preventable with proper medical care."

The Observation Booth



OP-ED By Andrea Dialect

GOT FAITH?

Religious themes discussed. Reader discretion is advised.

Who's got your back? Who are you rolling with in times like these? When all "double hockey sticks" break loose, you'll want to be rockin' with the real ones - like Daddy God and/or Mama Nature - while you're out here doin' the right things.

Today, I'm extending an invite to you! Head over to my Facebook page, *Andrea Dialect*, and join me for my daily Portal session each morning as I step into the lab. These sessions typically kick off around 6 a.m., but no worries if you miss it - you can always catch the replay, along with plenty of other con-

TOWN WATCH

(Cont. from pg. 11)

equipment for the last 14 years - from the time he was a Columbia High School student (Class of 2011) through his Stevens Institute of Technology studies (Class of 2015).

While cutting the speeding clip because "it added nothing to the video," he added, "All I can do is apologize and promise not to do anything close to that stupid again. That's a terrible example to set and I'm sorry for it."

Only Brownlee knows where he speeded. The now-Closer resident commutes to his studio space in South Kearny.

Brownlee, since 2014, has been highly regarded for his gadget appraisals. He received

tent on the page.

Don't forget to like, share, and follow for more updates and inspiring content like ...

COPPIN' A PLEA

When one of my girls stood on the opposite end of that street as our pretend mother, by a long slide, I'd mosey in their company, leaving my opponents behind. If one of my sisters held that spot, forget about it! But if the person up there had a show of attitude, connected to the hand on hip and in their eyes the look of revenge, that position then belonged to one my foes, and I knew my little scraggly behind wasn't gonna get far . . .

MOTHER MAY I

"You may take three medium steps."

"Mother may I?" I'd ask. "No, you may not," they'd say. That was the scheme of things when a rival was in charge. Giant steps, leaps, and hops were unheard of, and, if allowed an occasional baby step or two, I'd be asked to take two steps back the next time around. Naturally, I preferred the person on the opposite side of that street to be the one in my corner when we played the game.

When analyzing, the rules of something as simplistic as child's play, to aide in compre-

an honorary degree from Stevens in May.

He has also been weathering some recent controversies. He has been selling cell phone video wallpaper for \$19.99 on his channel. Some of his product reviews had been sponsored by the product's company.

BLOOMFIELD - The decades-old Bloomfield Avenue-to-Grove Street shortcut here in the Ampere to some 20 million subscribers, as of Nov. 17, is closed to all but authorized NJTransit maintenance of way workers.

The shortcut, formed by the former Erie Orange Branch right-of-way, was being fenced in at both ends by six NJTransit workers Sunday morning. There are gates for the company's staff and vehicles - if they have the

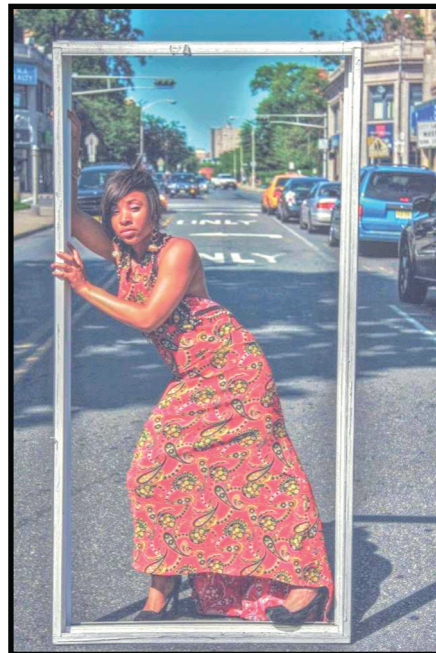


Photo Courtesy Andrea Dialect

hending this thang called life, it seems logical that one would also befriend nature. In our game, we were privileged by association, but in the game of life, it's said that there are no favorites. If some of the other players have bought into the myth that fair is all there is, I say beg to differ: that way, if your good family name doesn't strike up the least bit of familiarity, you won't be banking on playing on her sympathy while sitting on that stoop, 'cause like some, you done promised your cousin or somebody else that you'll stay, and she don't know them, so you can't play!

When you start to notice the ones out there in that street, dodging those balls, cars or obstacles, who are granted permis-

padlocks' keys.

An NJTransit spokesman is looking into whether the agency has leased or bought the property from Norfolk Southern-Conrail Shared Assets. The freight railroad owns what is left of the Orange Branch/Bloomfield Industrial Track not used by NJT between Newark's Forest Hill Junction and its western terminus at West Orange's White Street.

What is clear is that the state public transportation carrier is using the now-gated property to store ballast stone for its Newark Light Rail/City Subway. Similar stone was piled - and pedestrians were still walking through - last summer. "Local Talk" speculates that an adjacent business had "paved" over the Orange Branch tracks with some left over as-

sion to advance, you, too had better get in cahoots with mother! Because if you look up and you see she's giving attitude, you may have provoked her fury. If lucky, you might be granted a few baby steps because of her generosity or her pity, but when taking that glance back, you'll realize that you ain't move. Yet, if certain always to remember your good manners by asking permission, and she looks down and smiles on you, with leaps, hops, and giant steps you'll get to advance. You best believe that it won't be too long before you'll be right there in her company.

DID YA KNOW THAT?

GOD - the creator and ruler of the universe and source of all moral authority; the supreme being (in certain other religions) a superhuman being or spirit worshiped as having power over nature or human fortunes; a deity. (Source: Google)

Read this article in its entirety at www.localtalkweekly.com and type *The Observation Booth, Andrea Dialect* and/or *Entertainment Section* in the search bar. If you are interested in participating in a challenge, project sharing a topic, news or if you have any questions, comments or concerns, send them to localtalkandrea@gmail.com.

phalt in 2021. NS had removed the Bloomfield Avenue grade crossing gates before the pandemic.

Riders who got off NJT's 11, 28, 29 and 72 buses tended to use the shortcut to catch the NLR or the No. 90 bus since the old subway was extended from Newar's Franklin Avenue in August 2001. Its cut, which dates back to when the Erie had a passenger station where the Gino's Hamburgers-KFC/Wendy's parking lot is, may have gone as far back as the 1890s.

Rider and freight use of the Orange Branch, however, diminished after World War Two. The Erie stopped passenger service on the branch May 10, 1955. NS filed for Orange Branch/Bloomfield Industrial abandon-
(Continued on page 15)

TOWN WATCH

(Continued from page 14)

ment Nov. 7, 2014 after its last "Bird Seed Express" run to Hartz Mountain ended in 2009.

One may stand beyond the new locked gates and wonder what if other proposals were pursued. The Essex County Freeholders (now Commissioners) had proposed extending the Newark City Subway on the Erie's Orange and Caldwell branches in 1964. A proposed 1950 grade separation project would have depressed Bloomfield Avenue. The Orange Branch, however, suffered with dozens of grade crossings.

MONTCLAIR / NUTLEY - An otherwise unidentified motorist from Nutley who had struck a school crossing guard last month in Montclair may well have a date here before one of the latter township's municipal judges this month. The unnamed driver was charged at the collision scene with reckless driving and for failing to comply with a crossing guard.

The 62-year-old crossing guard may meanwhile be home convalescing after surgery at Paterson's St. Joseph Medical Center for a broken left tibia and a spinal compression fracture.

Oct. 30 dismissal time at Montclair High School said Montclair Police Sgt. Terence Turner, began like any other Wednesday afternoon. The guard had deployed himself by the intersection at Chestnut and Park streets.

Montclair police officers and a Montclair Ambulance Unit crew, however, were dispatched there at 2:33 p.m. They found the guard - a township employee - and his hand-held stop sign down on the northern crosswalk. The 2019 Nissan Rogue SUV and the 47-year-old driver had stopped by northbound Park Street.

MPD officers promptly diverted traffic, including buses on NJTransit's Nos. 28 and 34 routes. Atlantic Health Care services medics treated the guard's injuries, which included bleeding and abrasions from both forearms plus pain in one of his knees.

A preliminary investigation found that the SUV driver was trying to make a left hand turn onto Park from eastbound Chestnut when she hit the guard. The guard, who was walking from east to west, was wearing a reflective vest. The intersection traffic light was green for Chestnut traffic.

MHS Principal Jeffrey Freeman, in a subsequent email, reminds "everyone to remain vigilant and exercise caution while driving during arrival and dismissal times.

BELLEVILLE - It took just 24 hours after a "New Jersey Globe's" Nov. 12 arti-

cle about Second Ward Councilman Frank Velez joining Jersey City Mayor Steve Fulop's gubernatorial primary candidates' team to get a reaction here.

Fulop told the news site that Velez and former East Orange Second Ward Councilwoman Brittany Claybrooks will be challenging incumbents Michael Venezia, of Bloomfield, and Belleville resident Carmen Morales in the June Democratic Party primary.

Mayor Michael Melham posted on his own Facebook page on May 13 of his objections to Velez's running for higher office. Melham, who is also campaign manager of the nonpartisan "A Better Belleville" municipal slate, said that Velez was elected by ward voters in May and had been serving for 135 days or five council meetings before running in the 34th State Legislative District primary.

"You need to put the work in AND stick around a bit," said Melham, who called Venezia and Morales' representation in the 34th LD "strong." He added that Velez, who was elected as the Belleville Board of Education Trustee in November 2020, had lost that year's May campaign for council.

The irony for some is that Melham, after he was elected as Fourth Ward Councilman in 2000, ran on the Republican Party ticket in 2002 for a then-28th LD General Assembly seat. He was the lowest vote-getter in that November's General Election.

THE DOCTOR IS IN

(Continued from page 4)

salty foods in your diet.

Making these diet and lifestyle changes will go a long way in reducing your risk of chronic diseases and protecting your overall health. Stay safe.

This article was written by Dr. Adil Manzoor, DO, a Board-Certified Internist; Board certified Pediatrician who works as a Hospitalist and Emergency Room Physician. He is also the current President of Garden State Street Medicine, a non-profit organization whose sole purpose is to provide free preventive and acute urgent care services for the homeless.

He is also the co-founder of his own unique medical practice, Mobile Medicine NJ; House Call Doctors. He is also currently pursuing an Executive MBA and a Master's of Science in Healthcare Leadership at Samuel Curtis Johnson Graduate School of Management and the Weill Cornell Graduate School of Medical Sciences.

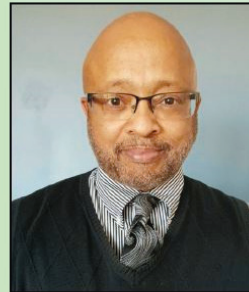
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**CHAPTER 7 BANKRUPTCY
CHAPTER 13 BANKRUPTCY**

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- ♦ Stop Wage Garnishments!
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